

NCPR FALL SOCCER Return to Play Operational Plan 7.2.20

Phase 3

This is a fluid document that may change based on new information by the Governor of Virginia and local health officials. It will be shared with parents, coaches, and referees routinely and when updates occur.

Pre-Activity Screening (All Phases)

All coaches, sponsors, and student participants will be screened for signs/symptoms of COVID-19 prior to the start of all team practices and games.

Screening includes a series of questions.

Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a coach or athlete develops symptoms of COVID-19.

Any person with positive symptoms reported will not be allowed to take part in activities and should contact his or her primary care provider or other appropriate healthcare professional.

The local health district will be notified about suspected cases or exposure.

Vulnerable individuals should not oversee or participate in any practices.

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Screening Questions

Do you have a Fever of 100.4 degrees Fahrenheit or higher or a sense of having a fever?

Do you have a new cough that cannot be attributed to another health condition?

Are you experiencing new shortness of breath that cannot be attributed to another health condition?

Are you experiencing new chills that cannot be attributed to another health condition?

Do you have a new sore throat that cannot be attributed to another health condition?

Are you experiencing a new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise)? Have you been in close contact with someone who has tested positive for COVID-19?

These guidelines will be followed and implemented during Phase 3:

- 10 feet physical distancing/Keep players spaced out during warmups.
- Sanitize hands before touching or after touching any objects.
- Recommended face covering for spectators and coaches, but not mandatory.
- No Spitting (for example: goalie spitting on gloves and touching the ball).
- No equipment sharing.
- Balls cleaned at halftime.
- Players bring their water bottle, and no sharing- no hydration station.
- 250 maximum people per field.
- Spectators are encouraged to stay 10 feet apart.
- Coaches must conduct and record a self-evaluation.
- Coaches must conduct and record a verbal assessment of players (parents will answer for minors) before each practice and game. Logs will be provided by NCPR.
- Safety starts with everyone including parents. If your child is sick, please do not bring them to the field.
- Coaches if unsure, please send players home. We want everyone to participate but don't want people to get ill over carelessness.
- At halftime, teams can create a big circle, keeping distance from each other.
- Halftime will be 5 minutes.
- Hand washing and sanitization stations will be onsite to for handwashing. Please throw away all paper towels in trashcan provided.
- DO NOT congregate in groups before, during, or after play.